

Create a healthy culture with on-site fitness centers

IMPROVING EMPLOYEE HEALTH AND PRODUCTIVITY

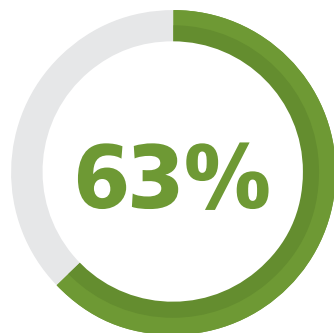
begins with building a strong culture of health at work. Employers who are committed to creating a work environment that supports good, daily health decisions often consider on-site fitness centers — and for good reason. According to the Optum™ annual Wellness in the Workplace Study, **large employers with fitness centers, versus those without one, are:**

EMPLOYERS WITH A FITNESS CENTER ARE

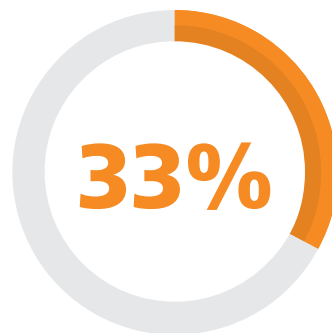
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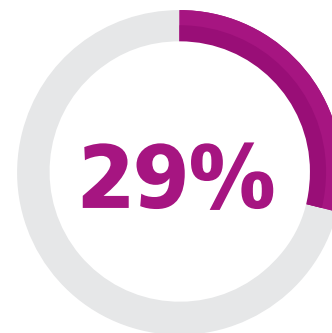
more likely to report that it is important to create a culture of health ownership.



More likely to report that they have achieved a culture of health ownership



More likely to report that their employees take responsibility for their overall health



More likely to report high levels of employee satisfaction at work

Employers with a fitness center:

Dedicate resources to support their overall wellness strategy



Believe in rewarding healthy behaviors



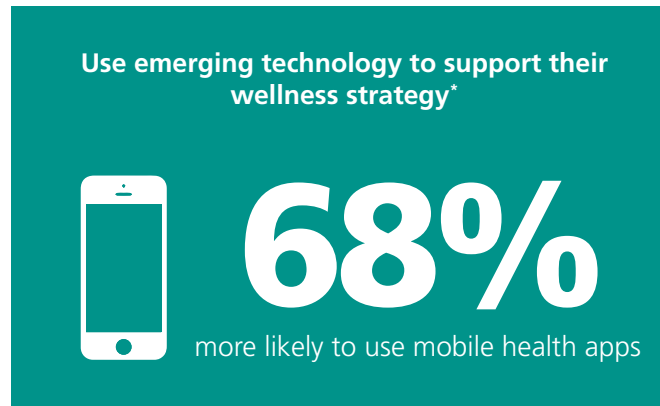
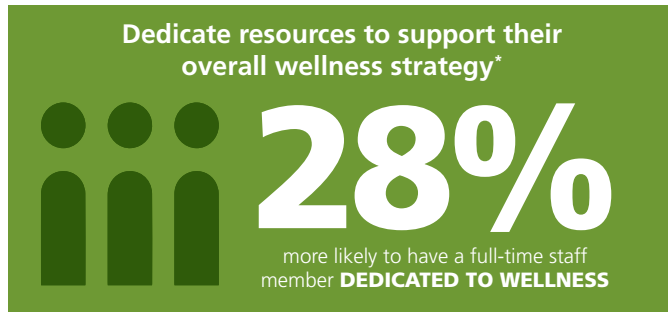
Know the physical work environment plays a critical role in making behavior change a reality



Embrace emerging technology to complement existing wellness strategies



Employers with a fitness center:



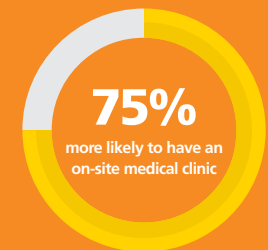
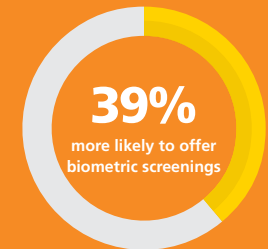
The bottom line

Employers with a fitness center are highly committed to building a culture of health at work. They understand the incremental impact that having an on-site wellness presence can have on helping them achieve their organizational well-being goals.

*Compared large employers with an on-site fitness center vs. those without one

A commitment to health

Employers with a fitness center are*:



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